Rest day

SYDNEY INTERNATIONAL FENCING CAMP

2025 3 - 11 January 2nd Stage

Tuesday 7 January		Wednesday 8 January DAY 5		Thursday 9 January DAY 6		Friday 10 January DAY 7		Saturday 11 January DAY 8		
	TIME:	**International Camp**	**Coaching PD**	**International Camp**	**Coaching PD**	**International Camp**	**Coaching PD**	**International Camp**	**Coaching PD**	**TIME:**
REST DAY	**0900**		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors		Coaches with Enrico, Virginia, Mentors	**0900**
	0930									**0930**
	1000	Warm Up		Warm Up		Warm Up		Warm Up		**1000**
	1030	Footwork		Footwork		Footwork		Footwork		**1030**
	1100	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop ENRICO 2	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop VIRGINIA 2	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop 6 (all coaches)	Weapon Group Bouting & Individual Lessons per Schedule	Coach Workshop ENRICO 3	**1100**
	1130									**1130**
	1200									**1200**
	1230	LUNCH 12:00 - 1:00		LUNCH 12:00 - 1:00		LUNCH 12:00 - 1:00		LUNCH 12:00 - 1:00		**1230**
	1300									**1300**
	1330	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	Weapon Group Fencers rotate between activities: *Lessons by Weapon groups Open Court *Bouting, situational bouting on pistes *Speed & Agility Open Court	Practical Group Lessons with Enrico. Demonstration of action with student. All coaches work with students. In Weapon Groups E1, E2, F1, E3, per schedule below	Camp Competition & Indiv Lessons		**1330**
	1400									**1400**
	1430									**1430**
	1500									**1500**
	1530									**1530**
	1600									**1600**
	1630			Jeff Gray, Equipment maintenance and repair. Pre comp processes		**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	Camp Wrap Up & Awards		**1630**
	1700									**1700**
	1730	**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	**Individual lessons - Enrico & Virginia**	PD - coaches give lessons	Closing Dinner BBQ 5:30 - 7:00		**GOODBYES!**		**1730**
	1800									**1800**
	1830									**1830**